What is claimed is:

1. A stabilizing device comprising:

a handgrip,

a retraction mechanism, and

a flexible member comprising a first opposing end coupled to the handgrip and a second opposing end extending at least partially about a portion of the retraction mechanism,

wherein the retraction mechanism normally exerts a retraction force on the flexible member to urge the flexible member in a retraction direction.

2. The stabilizing device of claim 1, wherein the retraction mechanism translates linearly to pay out the flexible member when an extension force acting opposite to and greater than the retraction force is applied to the handgrip to pay out the flexible member to an extended position.

3. The stabilizing device of claim 2, further comprising a housing having a front surface and a rear surface with the retraction mechanism mounted therebetween, wherein the flexible member extends from the handgrip, through a first guide aperture formed in the front surface, and wherein a second opposing end is coupled to an anchorage.

4. The stabilizing device of claim 3 further comprising a mounting plate defining a second guide aperture therethrough, the mounting plate configured to mount to one side of a wall and to said frame, wherein said frame is disposed on the other side of the wall.

5. The stabilizing device of claim 4, wherein the wall is integral to a vehicle.

6. The stabilizing device of claim 4, wherein the wall is integral to a building.

7. The stabilizing device of claim 4, wherein the retraction mechanism comprises:

a pair of bias members, and

a slider member,

wherein the slider member is disposed within and extends transversely between a pair of spaced apart and longitudinally extending guide channels formed by the front and rear surfaces and wherein one of the bias members is disposed within one of the channels and the other one of the bias members is disposed within the other of the channels, each bias member being in communication with the respective end of the slider member disposed in the same channel to normally urge the slider member in the retraction direction.

8. The stabilizing device of claim 7, wherein the bias members comprise springs.

9. The stabilizing device of claim 7, wherein the flexible member is a

web.

10. The stabilizing device of claim 7, wherein the retraction mechanism further comprises a second pair of bias members disposed within a second pair of guide channels and tending normally to urge in a direction opposite from first said retraction direction a second slider member disposed within and transverse of the second pair of channels.

11. The stabilizing device of claim 1, further comprising a mounting plate defining a guide aperture therethrough, the mounting plate configured to mount to one side of a wall and to said frame, wherein said frame is disposed on the other side of the wall.

12. The stabilizing device of claim 11, wherein the wall is integral to a vehicle.

13. The stabilizing device of claim 12, further comprising a storage cavity for defined by the mounting plate and sized to nestle the handgrip when in a stowed position when the flexible member is fully retracted, and

wherein the retraction mechanism comprises a retractor that rotates to pay out the extension member when an extension force acting opposite to and greater than the retraction force is applied to the handgrip to move the handgrip from the stowed position and to pay out the flexible member to an extended position.

14. A device for stabilizing a user, the stabilizing device comprising:

a housing comprising

a front surface defining a first guide aperture therethrough and a front pair of spaced apart and longitudinally extending cavities,

a rear surface coupled to the front surface and defining an anchorage and a rear pair of spaced and longitudinally extending cavities, wherein the front pair of cavities communicate with the rear pair of cavities to form a first guide channel and a second guide channel transversely spaced apart from the first guide channel when the front and rear surfaces are coupled together,

a slider member comprising a first coupling end disposed within the first guide channel and a second coupling end disposed within the second guide channel with the bar extending transversely between the guide channels and movable longitudinally therein,

a first bias member disposed within the first guide channel and coupled to the first coupling end,

a second bias member disposed within the second guide channel and coupled to the second coupling end,

a handle,

a flexible member comprising first and second opposing ends, the first opposing end being coupled to the handgrip and the second opposing end proceeding through

the first guide aperture, at least partially around the slider member and being coupled to the anchor aperture,

wherein the bias members normally tend to urge the slider member away from the anchorage in order to draw the flexible member into the housing in a retraction direction and the handle into a stowed position, and

wherein a user may overcome the normal tendency by pulling the handle outwardly away from the front surface, thereby withdrawing the flexible member from the housing in an extension direction opposite the retraction direction.

15. The stabilizing device of claim 14, further comprising a face plate mounted to the housing and defining a second guide aperture therethrough, and

a storage cavity to nestle the handle in the normally stowed position,

wherein the flexible member extends through the second guide aperture and at least partially about the slider member, the second end being coupled to the anchorage.

16. The stabilizing device of claim 15, wherein the device is mounted to a vehicle.

17. The stabilizing device of claim 15, wherein the device is mounted to a wall of a building.

18. A device for stabilizing a user, the device comprising:

a handle,

a flexible member comprising first and second opposing ends, the first opposing end being coupled to the handle,

a mounting plate defining a first guide aperture therethrough and a storage cavity shaped to receive therein the handle,

a retractor comprising:

a frame,

a spool mounted to the frame,

a bias member disposed between the frame and the spool, wherein the second opposing end proceeds away from the handle, through the guide aperture and at least partially around and coupled to the spool,

wherein the bias member normally tends to rotate the spool relative to the frame in a retraction direction to draw in and wrap the flexible member about the spool and to seat the handle into the storage cavity, but

wherein said bias member is yieldable to a force opposite to and greater than the normal force of the bias member as when a user pulls the handle in an extension direction opposite to the retraction direction to pay out the flexible member from the spool, and

wherein the frame is mounted to one side of a wall, and the mounting plate is mounted to the opposite side of the wall, with the flexible member proceeding through a second guide aperture defined through the wall.

19. The stabilizing device of claim18, wherein the wall is the wall of a building.

20. The stabilizing device of claim18, wherein the wall is the wall of a vehicle.